



We move when we're moved

The 15-Day Dash motivates all of us to move more for different reasons. Do you want to connect with coworkers or run a marathon? Do you want to be able to keep up with your kids or walk further with your dog? Or do you move in honor of someone who moves you?

Whatever the reason, that's what makes the Dash meaningful for each of us.

**15
DAY
DASH**

What moves you?



I have a beautiful nephew, Gus, who is only three years old. I want to be around as he grows up, marries, and starts a family of his own. Life is filled with painful challenges and moments of great joy—if I just keep putting one foot in front of the other, I can be there for it all. Perhaps, even, to cry at Gus' wedding.

Laura Foley, Dept. for Public Health

[Read Laura's story.](#)

I work for an employer that encourages its employees to get up and move to a healthier life! As I continue to get older, I realize I have some control over my health. Therefore, I must take the responsibility and hold myself accountable to get moving and become healthier.

Arthur Lucas, Personnel Cabinet

[Read Arthur's story.](#)



Share your story!

Encourage others by [sharing your story.](#)

All your wellness benefits are available at LivingWell.ky.gov.
HumanaVitality customer service line 855.478.1623



Questions?
[Contact Us](#)



STAY CONNECTED:

